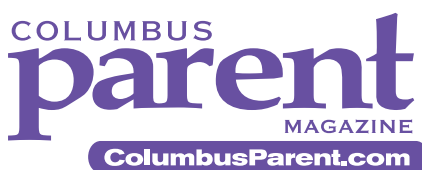


# CENTER FOR HEALTHY WEIGHT AND NUTRITION

## Energy balance

## PHYSICAL ACTIVITY Therapeutic Recreation

Average number of calories burned in 30 minutes of nonstop movement		Food equivalence
Sleeping	30	1 cup raw carrots / broccoli
Reading	35	1 rice cake
Vacuuming	50	4 dice size cubes low-fat cheese
Playing with dog	55	1 cup raw melon
Playing catch	90	1 egg
Walking-leisurely	90	1 cup fat-free milk
Billiards (pool)	105	1 large banana
Basketball (shooting)	150	12 oz caffeine-free soda
Gardening	150	1 20-o.z Gatorade
Raking leaves	150	1/2 cup DQ soft serve ice cream (with cone = 240)
Walking briskly	170	1/4 cup peanuts
Dancing	190	1 regular size Little Debbie Oatmeal Creme Pie
Biking	205	1 cup cooked white rice
Swimming laps	240	1 regular size package of M&Ms
Backpacking	245	18 Classic Lays potato chips
Jogging (5 mph)	280	1 cup canned baked beans
Badminton	280	1 regular size Snickers bar
Basketball (game)	300	1/2 cup macaroni & cheese
Jumping rope	300	1 A & W coney dog (hot dog + bun + chili sauce)
Shoveling snow	300	1 slice of Papa John's pan crust cheese pizza
Boxing (punching bag)	315	1 small Wendy's Vanilla Frosty



This chart comes from the experts at Nationwide Children's Hospital's Center for Healthy Weight and Nutrition and originally appeared as a web exclusive with Sizing It Up column in May 2009.

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